Stir-fry Asian greens with Palisa's universal stir-fry sauce

By Palisa Anderson

10 minutes
Preparation Time

10 minutes
Cooking Time

6 (as part of a Thai banquet)
Serves

INGREDIENTS

2 tbsp oyster sauce
1 tbsp mirin
2 tsp fish sauce
1 ½ tbsp rice vinegar
2 tbsp avocado oil or lard
6 garlic cloves, flattened in a mortar and pestle
1-3 small red chillies, flattened in a mortar and pestle
400 g Asian greens

METHOD

1. Combine the oyster sauce, mirin, fish sauce and vinegar into a bowl, whisk well.
2. Place the wok on the cooktop and heat on medium-low heat, induction setting 4 for 5 minutes. Increase the heat to high, induction setting 8 for 2 minutes.
3. Gently spoon the oil into the wok and wait until the oil starts to ripple, then immediately add garlic and chilli. Move around the wok to ensure that the garlic doesn't burn.
4. Once the garlic starts to colour, add the greens and push the ingredients around the wok to distribute the heat. Make sure the wok keeps in constant contact with the induction cooktop, to ensure the wok maintains maximum heat distribution.
5. Pour the sauces around the edges of the wok and keep agitating the ingredients with the spatula. Liquid will start to leach out of vegetables, different vegetables will omit different amounts of liquid. Keep pushing the ingredients around so you don't get any burnt areas on the base of the wok.
6. Once the seasoning and all the liquid has evaporated somewhat, give one final toss to coat with the sauce. Plate the vegetables and serve immediately.

Hints and tips

You can use any leafy greens e.g. Gai laan, water spinach, choy sum, chayote tips, sugar loaf cabbage, broccolini,green beans or even asparagus. Palisa likes to use whatever is growing at the farm *"I love to experiment withdifferent parts of the plant too, like the flowering tips of pumpkins. Truly anything goes as long as you process away the woody bits of the plant so that all you are eating is the most tender stalks, leaves and shoots."* – Palisa